

Types of Diabetes and its Prevention Methods

Luis Garza*

Department of Dermatology, Johns Hopkins University of Medicine, Baltimore, USA

DESCRIPTION

Diabetes is a condition that occurs when blood sugar (glucose) levels are too high. It develops when the pancreas doesn't produce enough insulin or not at all, or when the body doesn't respond properly to the effects of insulin. Diabetes affects people of all ages. Most forms of diabetes are chronic (lifelong) and all forms are manageable with medication and/or lifestyle changes. Glucose (sugar) comes primarily from carbohydrates found in foods and drinks. It is our body's source of energy. Blood carries glucose to every cell in the body to use as energy.

Over time, too much glucose in our blood can lead to health problems. There is no cure for diabetes, but there are some things we can do to manage it and stay healthy. Diabetes is sometimes called "a little sugar" or "borderline diabetes". These terms indicate that someone does not actually have diabetes or has less severe disease, but all cases of diabetes are serious.

Types of diabetes

Type-1 diabetes: Type 1 diabetes is thought to be caused by an autoimmune reaction (a reaction in which the body mistakenly attacks itself). This response prevents our body from producing insulin. About 5% to 10% of diabetics have type 1 diabetes. Symptoms of type 1 diabetes often progress rapidly. It is usually diagnosed in children, adolescents, and young adults. Patients with type 1 diabetes require daily insulin injections to survive. Currently, no one knows how to prevent type 1 diabetes.

Type-2 diabetes: In type 2 diabetes, the body cannot use enough insulin to keep blood sugar levels at normal levels. About 90%-95% of diabetics are his type 2. It takes years to develop and is usually diagnosed in adults (although it is increasing in children, adolescents, and young adults). We may not have any subjective symptoms, so it's important to check our blood sugar

if we're at risk. Type-2 diabetes can be prevented or delayed by making healthy lifestyle choices such as:

- Losing weight
- Eating healthy food
- Being active

Symptoms of Type 1, Type 2, and Type 1.5 (LADA) are the same, but they occur more quickly than Types 2 and 1.5. Type 2 tends to have a late onset. Pricking nerves and slow-healing wounds are more common with type 2.

Left untreated, type 1 in particular can lead to diabetic ketoacidosis, which is when dangerous levels of ketones are present in the body, but still a possibility.

The general symptoms of diabetes include:

- Increased hunger
- Increased thirst
- Weight loss
- Frequent urination
- Blurry vision
- Extreme fatigue
- Sores that don't heal

All forms of diabetes increase the risk of long-term complications. These typically develop many years (10 to 20 years) later, but may be the first symptoms if not diagnosed by this time.

The most important long-term complications are related to vascular injury. Diabetes doubles the risk of cardiovascular disease, and about 75% of deaths in people with diabetes are due to coronary artery disease. Other macro-vascular diseases are stroke and peripheral arterial disease. These complications are also strong risk factors for severe COVID-19 disease.

Correspondence to: Luis Garza, Department of Dermatology, Johns Hopkins University of Medicine, Baltimore, USA, E-mail: garzaluis@smu.edu

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